

SPASTICS NEWS

APRIL 1965 PRICE 6d THE MAGAZINE OF THE SPASTICS SOCIETY



Mr. Alex Moira, Vice-Chairman of the Spastics Society and one of its four Founder Members, introduces the new Spastics News:

As this issue of 'Spastics News' comes through your letter box its thud on the mat will be almost as loud as that of your Sunday paper, and very many times louder than that of the first issue years ago. It is, with its 32 pages, and its dedicated staff, a measure of the breathtaking success and expansion of the Society over these years and also a reminder of the still urgent purpose of our 'News' of keeping us all in touch.

All those years ago a simple two-page newspaper was sufficient to carry the news of the Society to us all, but now there is so much being accomplished day by day in Groups, Regions, Group Projects, Schools, Centres and at Headquarters that 32 pages will barely do. It is vital to the health of the Society that we be in constant communication with each other, exchanging experiences, viewpoints and even gossip, teaching new ideas, skills, facts, and even occasionally teaching our grandmothers to suck eggs.

Here then is your new 'News' whose function is just that. It has served you well over the years and with your continuing help and participation will continue to do so over the years to come.

Alex Moira.

New News is Good News

Our front and back cover pictures this month both come from the film, 'One of the Family', made by Derrick Knight and Partners. The babies on the front cover are twins and the little girl's a spastic being fed by her brother. The little boy on the back cover is staying at our Family Help Unit in Nottingham, where he has learnt to model clay. He is so pleased with the results that he gives his instructress a delighted hug.

SPASTICS NEWS

The magazine of the Spastics Society

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THE SPASTICS SOCIETY

12 Park Crescent, London, W.1

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THE MENTALLY HANDICAPPED SPASTIC

I KNEW a doctor once whose only child was a spastic. He was very much afraid that, because of his boy's uncouth appearance, awkward movements and poor speech, everyone would regard him as mentally defective and so 'not worth educating'. He would not allow the boy to be examined by the nerve specialists of that day.

He was certainly justified, but this was in 1935 not in 1965, and there have been very many changes during these years in knowledge, in outlook and in opportunities for education and training.

As a reaction against the early ignorance, there was first a sort of omnibus declaration that all spastics were really mentally normal people who were imprisoned by their physical handicap. This was almost as serious an error in the direction of optimism as the other was in pessimism.

Cerebral palsy is the result of brain injury (or malformation), and so are the more serious kinds of mental handicap. It is not surprising then, that the two kinds of disability, physical and mental, should often exist in the same individual. The brain is the organ of all intelligent activity. Man's brain is larger than that of all other animals, more complex, and much more easily injured. There are people who are victims of very severe cerebral palsy but whose intellectual powers (of reasoning, of memory, of making judgement and decisions) are as good as other people's, although of course nobody's brain is *improved* by an injury. These people are truly prisoners of their bodies because in this kind of handicap, never very common and becoming rare, the injury occupies rather a small area of the brain but one very important for accurate control of movement.

But in most severe cases of cerebral palsy, those with both legs or all limbs spastic, and many cases of paraplegia, diplegia and ataxia, the brain damage is much more widespread, and intellectual powers are almost certainly diminished as well as the capacity to execute movements, to sit, stand, walk, grasp, manipulate, chew, swallow and to speak.

To distinguish, in a child who may also have the handicap of partial deafness or poor vision in addition to partial paralysis of his limbs, what element in his disability is due to overall difficulty in brain function resulting in mental subnormality, and what is due to inability to use muscles, can be extremely difficult.

Take, for example, the power of speech. The development of an understanding of speech in an undamaged child is often the best indication of mental capacity. But the way in which such understanding is made known is either through speech itself (the capacity of the child to ask and answer questions) or through acts which it may be impossible for a cerebrally palsied child to perform because of his partial paralysis (building with bricks, playing with toys or indicating pictures). And so it may easily happen that the parents of a child with cerebral palsy do not learn for several years, with any certainty, that he is mentally as well as physically handicapped. Doctors cannot usually be blamed for this; they *must* be cautious in their pronouncements, and there is a bad hangover from the time when a child considered 'defective' (a term now rightly banned) was automatically considered ineducable, as if there were only two categories of people, the normal and the defective.

Now this is nonsense; there is a progression of potential mental capacity from the very clever to the very dull, and no sharp division is possible. It is not even justifiable to make a sharp distinction between mental and physical handicap. What is important is the recognition that a child (or adult) is handicapped in *this* way or *that* way, so that rational help can be given in education and in the business of living and in getting as much out of life as possible.

To learn first that your child is a spastic and then to have gradually to realise that, over and above his obvious physical troubles, his powers of reasoning, calculating, memorising, inventing, all the capacities we call 'mental', are also impaired, is very hard to take. Yet upon your capacity to take it, to learn as much as possible about it, to have an unemotional, *practical* attitude towards it, his future depends. Nobody is to blame for his injury; the hopeful thing is to try to find out in what ways he can be helped to compensate for it. And perhaps the most demanding thing of all is to have to remain for so long, for many years, without any accurate knowledge, and not to allow oneself to become either very optimistic or very pessimistic.

Satisfaction in life comes mainly out of personal achievement. The greater the independence of a handicapped person, the greater his sense of achievement and his content. It is no kindness to help a handicapped person

so much that he never learns to do things for himself that he could do. Even a normal child can be exasperatingly slow and clumsy in his attempts at independence, so that one can be tempted to postpone the time when he could learn, for example, to feed or dress himself. If this postponement is made it will be great to his disadvantage.

The mentally handicapped child needs infinitely more watchful patience from his adults about him; watchful, since it is often not obvious when the moment has come to encourage an independent act, to watch that his efforts are not exhausting to *him*, to endure, for example, the mess made in his attempts at independent feeding, the sort of mess one expects in a child of two when you child is perhaps eight or nine. Teach your child to enjoy stretching out to get the thing he wants, as well as having it.

This article is part of a booklet on 'The Mentally Handicapped Spastic' which Dr. Duncan Leys is preparing for the Society

A good example of wrong-headedness occurred in a home for mentally-subnormal children when in the school they were taught how to do up and undo buttons, but in getting ready for the school there never seemed to be enough time to allow them to struggle with the problem of their own buttons.

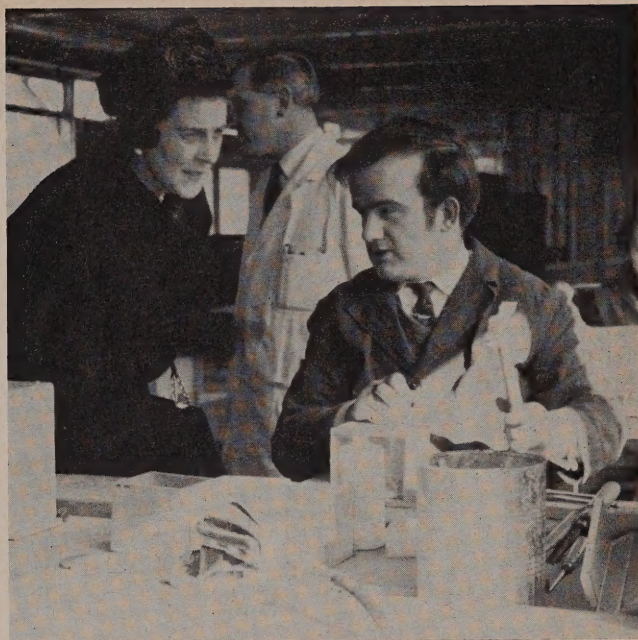
However good the social services become or the help given by such bodies as The Spastic Society, the parents can play a most important part in the child's life, and it is terribly obvious to anyone standing outside the family of a handicapped child that although it is the child's mother who will inevitably have most to do, it is when father willingly takes an active part that there is more happiness in the home. It is important that any child that his parents should agree, that decisions should be mutual. But it is doubly important for a handicapped child that everything should be shared and that it should not fall to one parent either to have the main responsibility for care or for making decisions.

H.R.H. Princess Marina Visits Sherrards

A lovely day, and a happy time for Sherrards—our Royal Patron makes a private visit on a working day.

(Right) Tony Wharton explains how he nails together our collection boxes, before painting

(Below) Her Royal Highness talks with John Crocker, head boy, in the engineering workshop. John has a job and will soon be leaving Sherrards. 'The job's not near my home', he said, 'But it's nice and near my girl friend'. Watching are Dr. C. P. Stevens, the Director, and Mr. V. King, Principal of Sherrards



SPASTICS' CONFERENCE (V)

by Dick Boydell

THE SUGGESTION for a Spastics' Conference is certainly a very interesting one, but, as Mr. Brett has already pointed out, such a conference would require a great deal of organising and I feel that perhaps the best way of doing this might be to set up a small study group first. This could consist of about ten spastics and some members of the Society's staff with conference experience to advise but not to take charge of the meetings.

The study group might, amongst other things, consider the following subjects:

1. The scope of the programme.
2. The agenda; the number of sessions per day, and how many of the addresses should be given by experts and how many by the spastics themselves.
3. The length of the conference, and here I agree with Mr. Wood that three days probably would not be long enough.
4. Representation; the suggestions made by Miss Dawson-Shepherd on this point seem to me to be very good although I would like to add one more category—home-

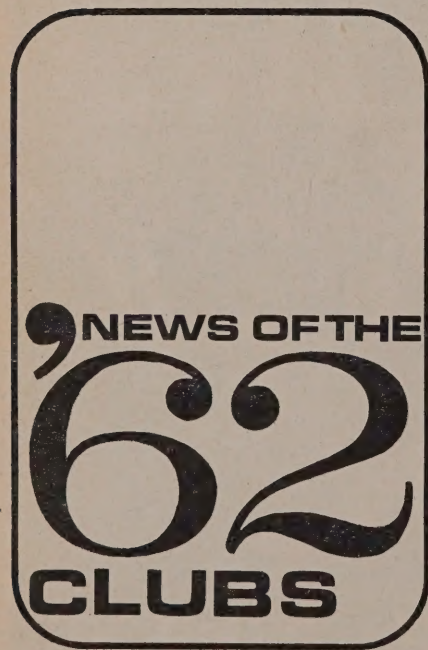
bound adult spastics who are not gainfully employed.

5. Where the conference is to be held and what arrangements will have to be made for the accommodation of the delegates.

In addition, the study group might consider how often such a conference should be held. Personally, I feel that there is a lot to be said for making it a regular event, perhaps every two years, in order to discuss any new problems that might arise.

Spastics who cannot attend the meetings of the study group because they live too far away or for any other reason, might be invited to submit their views in writing. But, when considering these views and, in fact, during all their discussions, the members of the study group should always remember that they are there to plan a conference, and not to discuss anyone's pet idea. Otherwise, there is a danger of the study group becoming a conference in miniature and not getting anywhere at all!

I feel certain that, if it is well planned, such a conference would be a success, and would help Spastics and the Society to understand each others' point of view.



NINETEEN-SIXTY-FOUR was a very happy and successful one for our '62 Club here in Nottingham. We had seven meetings. Our first was a New Year's Party—supper, followed by games all arranged by members of the committee. February's meeting was a games night with different games at each table. On 20th

March we were all very pleased to have with us again, Mrs. Bingham (Sheila Lead, who was our first Secretary): she showed us coloured slides of her holidays in Switzerland, the Lake District, and also some of her very lovely wedding photos.

In April we had a visit from Mr. W. Hargreaves, the '62 Club Organiser; he told us about the London Club and their activities. He stressed the point that we should try and do more for ourselves, and mentioned also the Independence Camp at Farnham in Surrey to which three members of our club were going along with other '62 Club members from London and different parts of the country. After an interval for refreshments Mr. Hargreaves entertained us with his ventriloquist's dolls.

On 6th June 50 members of our club enjoyed a day in Sandringham and Hunstanton. One week later Heather Muir, David Small and Joan Simmonite left Nottingham for London where they were to get a bus at Park Crescent for the camp at Farnham. (It was the first time I had ever been camping and I enjoyed every minute, helping with the work and joining in the games we had during the week.)

In July Jacqueline Burton and Joan Simmonite went to Stoke Mandeville Hospitals with patients from Harlow Wood and children from Thieves Wood school to take part in the games there.

Twenty-fifth September was our first meeting in the autumn. We had a games night, cards, dominoes and other table games. On

10th October 30 club members went up to London for the day. They went to the Zoo, and later in the afternoon went round to Park Crescent to meet the members of the London '62 Club.

Twenty-third October was our second anniversary, and in the evening we had our first guest night and bring and buy sale, to which we invited our friends. We started at 6.30 and for the next two-an-a-half hours we were kept busy. We all think the evening was a success, and I was very grateful to the members who helped me in the kitchen to serve tea and coffee, particularly Mrs. Knight, who spent most of the evening by the stove attending to the kettles, and Ivy, Marjorie, Jacqueline and Valerie for keeping us supplied with clean cups and saucers. You know, I think we ought really to have a report from someone in the guest room, not just my view from the kitchen hatch. I'm told over £20 was raised for the club funds.

Fourth December was our Annual General Meeting. Our Chairman, John Langdale, introduced the Secretary, Dr. R. Firman, who explained some of the items on the financial report. He also told us about the conference in February for Club Officers at the Arundel. One or two changes were made on the committee, and after a cup of tea we saw an excellent film of Labrador shown by Mr. Gray.

We all went to see 'Treasure Island' at the New Nottingham Playhouse on 30th December and had a very enjoyable time.

JOAN SIMMONITE, *Press Officer*,
Nottingham '62 Club

The italics are mine"

HANDWRITING FOR THE HANDICAPPED

you had lived in 1565 instead of 1965, and you had been important enough to receive a letter from the reigning queen at that time, you would have been in possession of a very fine specimen of italic handwriting, unequalled by anyone else in the country. For Queen Elizabeth was a most excellent writer, and a communication from her was a pleasure to behold.

Handwriting has deteriorated considerably since those adventurous and romantic days 400 years ago, until today we are being constantly reminded of our illegible scrawl by the request on nearly every form we attempt to fill in—'PLEASE WRITE IN BLOCK CAPITALS'. Even the signatures at the bottom of many business letters are decoded for us into type-written characters, signatures which, more often than not, resemble a piece of unravelled knitting or a seismographic record of an earthquake!

There has, however, been a revival of the italic style in recent years, and it is now being taught in many schools today. It has several advantages over the round hand, and some time ago it occurred to me that it was a style eminently suitable for spastics to copy, and particularly for athetoids, to whom jerky up and down movements come more naturally than continuous loops and curves. So this method was tried, and after only a few weeks some encouraging results were obtained. I therefore propose to outline the instruction given and suggest suitable materials, so that anyone wishing to improve their handwriting might have a guide and a basis on which to start.

Many people who are not mobile find an added interest in life by writing letters to friends, and keeping themselves informed in this way ('to get a letter—write a letter'),

and I am assuming that the budding calligrapher will be practising in order to improve the appearance of his or her correspondence. At what time in life one makes the change is not important. Queen Elizabeth first started to learn italic handwriting when she was 16 years old, but many people have made the complete change from the looping style of the round hand, when over 40 years of age.

The correct choice of writing materials is important, and however good the pen, a poor quality paper can spoil the thick and thin line effect which is the essence of the italic style. I prefer a paper which crackles when it is folded. This means that size has been added to the pulp during its manufacture, and ensures that the ink will not spread as it would if one wrote on blotting paper. Italic writing should have a crisp, sharp outline, and if one of the black fountain pen inks are used, it should also make a nice contrast to the white paper on which it is written.

Use a quarto sheet for your letters, that is, one measuring ten inches by eight inches. This is a standard size of paper and anything smaller than this will move about on the table when one is writing, and affords too small an area to be held in position by the hand which is free. A writing pad will help to anchor the sheet of paper, and most people find it a great help to write on a sloping surface. A piece of fairly thick ply wood or an old pastry board propped up at the back with two books, will give about the right slope, and if difficulty is found in holding the paper steady it can be pinned to the board—something one cannot do to the dining room table, without serious repercussions!

Having obtained a suitable piece of paper, the next step is the selection of a writing instrument. If it is at all possible to use a fountain

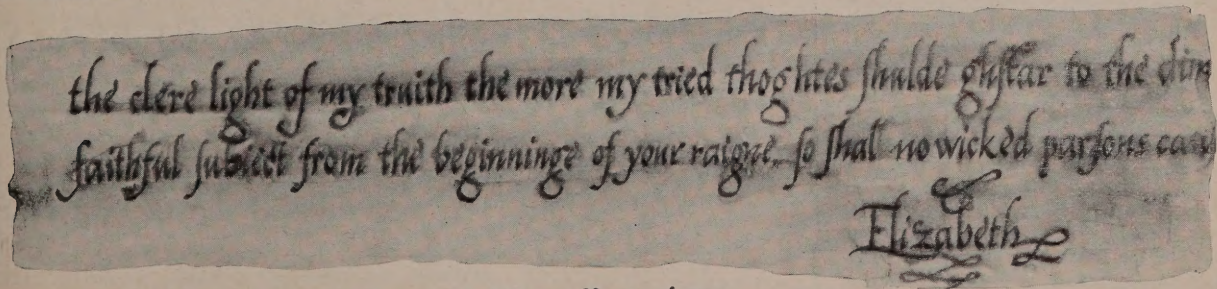
pen I can recommend the Platignum Cartridge pen at 5s. 9d. This avoids the hazards of having to open a bottle of ink and fill the pen by prising out a little lever with one's finger nail. The cartridge pen is refilled by unscrewing the nib unit, inserting the new cartridge, and just screwing the unit back into the pen. Four cartridges are sold with the pen and refills cost 3d. each. There is quite a selection of different nibs, but for our purpose the best choice is the italic medium for right-handed people, and italic medium left oblique for left-handers. Extra nibs are 1s. 9d. each. I mention nibs for left-handers, because among spastics the proportion of left- to right-handedness is amazingly high. (At one of the Society's centres it is 60 per cent.)

Those who cannot use a fountain pen because the nib digs into the paper and splutters ink across the sheet, must resort to the ball point. These pens are usually far too thin for a handicapped person to hold comfortably, but an improvement can be made by binding some cellotape round the pen at the finger hold. Better than this, if you have a friend who is an engineer ask him to make a brass or aluminium ferrule, which can be pushed on to the holder of the six-sided Bic (see illustration A).

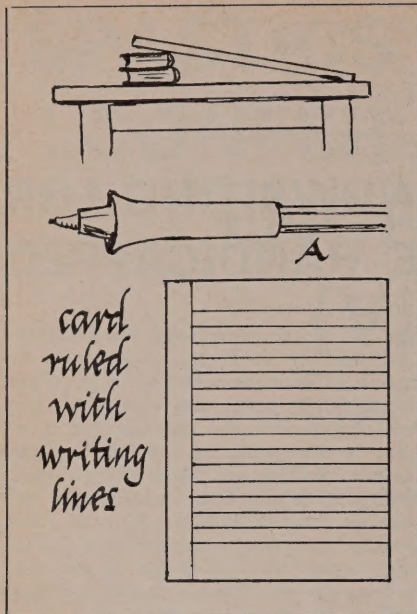
With the ball point you will not be able to produce the thick and thin strokes of the chisel nib, but it is a boon to athetoids who cannot tame a fountain pen.

We now have our tools of the trade and can start practising the separate letters of the alphabet. At this early stage just copy the individual letters, without joining them together, as one would when writing complete words.

This would be a good stage at which to check your lighting, the importance of which



The handwriting of Queen Elizabeth, written in 1556 when 23 years of age



I cannot overstress. If you are right-handed the light should come from your left side and there should be no shadows blocking your view where the pen touches the paper.

Most letters can be formed by a continuous stroke of the pen but the exceptions are d e f p q t and x, where the pen is lifted to make the second stroke. This slight impediment to speed has an advantage which may not be obvious to the beginner. If one is writing a long word and tries to complete it without lifting the pen off the paper, one can get cramp in the hand. This 'pen lift' as it is called gives the opportunity to move the wrist across the paper and maintain a comfortable position the whole time. Also notice that capital letters are not as tall as b d h l and k, the letters which are called ascenders. There is also a good reason for this. A good page of writing should have a homogeneous pattern, with no character standing out more than its neighbours and if capital letters were written as large as the ascenders they would be far too obtrusive. Little points like this make all the difference to the appearance of a sheet of writing. Notice also that the letter v is composed of two similar curves, and not two opposing curves, thus eliminating the confusion with the letter r when written quickly. One of the advantages of the italic style is the fact that it is still legible when written at great speed, whilst the old looping style deteriorates into a pulled out coil of wire.

Having mastered the individual letters it is now time to join them together to make complete words, and I have illustrated some of the connections, as they may not be too obvious at first. The e for example, continues on from the bottom of its loop and not from the base of the letter. By this means it can never be confused with an i, even if the dot is omitted—a common fault with all of us.

How well I remember my teacher saying 'Don't forget to dot your i's'.

When one has mastered the joins, the next stage is to write out a whole page so that one can assess the appearance generally. Obtain a piece of white card the size of your writing paper and ask a friend to draw a line down the left-hand side, the width of a foot rule from the edge. Mark this line off in half inches all the way down and rule across the paper with an H pencil as in the illustration. Place your writing paper over the card and if you have chosen the right kind of paper (not heavier than large post 15 lb.; your stationer will know what this means) you will find that the guide lines will show through.

The reader of your letter will notice how straight your writing appears, and will look for the pencil lines, and finding none, will marvel at your skill in penmanship!

Never draw two lines as a guide for your writing, but rely on a base line only. A famous calligrapher once said 'to write between two lines is like trying to dance in a room your own height.'

The three requirements of a good hand, in their order of importance are:—legibility, beauty of form, and evenness or symmetry. This last quality can best be judged by holding a page of writing in front of a mirror. One then sees it more as a pattern than as so many familiar words, and can judge its evenness without being distracted by the meaning. When we look at Chinese writing, we are intrigued by the pattern it makes, because it

means nothing to us literally, and there is no distraction caused by any thought conveyed.

The 26 letters of the alphabet should be like a large family, each one different, yet each one having a certain similarity or family likeness.

I hope there is enough information in this short article to whet your appetite—from this stage on it is up to you. It is surprising what progress can be made, as you can see by the specimens of writing by spastics reproduced here.

Writing is a useful craft which can gain one many interesting friends and acquaintances in unexpected ways. Through my interest in the subject I have met and corresponded with an art master at Harrow, the Bursar of Winchester College and the Deputy Keeper of the state paper room at the British Museum.

During a period of several years I have collected some very fine specimens of italic hand writing, all based on the 16th century style yet no two looking alike. Everyone imposes his or her own style or characteristic on the examples copied, and there is plenty of scope for individuality.

At no time in history has handwriting reached such a high level of excellence as was attained during the reign of the first Queen Elizabeth—let us try to revive it in the reign of the second Elizabeth.

It is fine to have something interesting to say, but finer still to be able to present it in an interesting and legible fashion. No great effort is required to practise five minutes every day, and when someone asks 'who does that beautiful handwriting?' think with what pride you will be able to answer, 'THE ITALIC ARE MINE'.

W.M.J.

abcdefghijklmnopqrstuvwxyz
 ABCDEFGHIJKLMNOPQRST
 UVWXYZ 1234567890 & £
 two stroke letters cld, oe, ff, pp, qq, tt, vx
 joins — for ti ta end te etc pot stop and the
 pen angle ← Italic medium left oblique for left handers

The first three lines of the handwriting specimens are those of Hazel Barker, before and after she changed her style. The last three by Valerie Baynham, an athetoid, shows a wonderful effort by someone who made the change only eight weeks ago

going up to the hospital
Make new friends but keep the old
for one is silver, the other is gold.

I like Italic handwriting for its
Simplicity and its beauty ROGER SMEE

To-day I entered for the
I like italic handwriting because it
is so easy to read.

THE LYING IN STATE

Impressions of a Dene Park Student and a Delarue Pupil

ON 29th JANUARY some of the students from Dene Park and Delarue went up to London to see Sir Winston Churchill lying in state.

We arrived at Westminster Hall and we unloaded the coach. Instead of going into the hall by the south doors, we went in by the east door. We came into the massive hall: the lights were on. Everything was very still and quiet. All the people had their eyes turned to the middle of the room, where the coffin of Sir Winston Churchill was.

It was lying on a catafalque and the Union Jack completely covered it. On the top of the coffin was his Order of the Garter. At each corner of the coffin there was a flickering candle. At the top of the coffin there was a cross. Standing at each side of the coffin there were four very smart Air Force Officers. They were not moving a muscle, they weren't even looking up. I thought that they were just like statues, leaning on their swords. They changed the guard every twenty minutes with other forces. While the changing of the guard is taking place, not a word is spoken. It is done by the tapping of a sword.

When at last we joined in the queue we walked slowly passed the catafalque. Miss Thomas was pushing me and we stopped for

a few seconds to look again at the coffin of a great man whom everybody loved. When we got outside again it seemed funny to be in the noisy world. We shall always remember it as long as we live.

JANE CHIFFERS,
Dene Park.

★ ★ ★

MR. MAYHEW gave us a few words of instruction when we arrived, and handed each of us a special ticket which permitted us to enter the Hall by a side door and a ramp. These tickets were only issued to handicapped people as they saved us having to go down a number of steps into the Hall. Handicapped people were only admitted by this entrance between half past eight and half past nine in the morning.

I was met by a sergeant to whom I showed my little blue ticket. It was supposed to be

handed in but the sergeant told me to keep it as a souvenir. He opened a door for me which led into the Hall itself.

If any of you know how large Westminster Hall is you would understand that under normal circumstances a small coffin would look smaller in such a large space, but the coffin which rested on the catafalque looked so majestic and grand that the whole spectacle looked the right size for the Hall and not too small. The Guard at the time was the Royal Air Force.

As I slowly walked down to the end of the Hall, all I could hear was the soft click of my crutches on the stone floor. It was then that I realised that it was so quiet. Even though there were over four hundred people in the Hall there was not a sound.

I had heard and read a good deal about the man who was lying in his coffin behind me; of his victories, his failings, his sayings and his life, and I had a faint conception of how great he was, but as I heard a sob behind me I realised not only what he had done for Britain and the world, but also how people had loved him.

GRAHAM BURN,
Delarue.



EMPLOYMENT NEWS

GLANVILLE BEBB from Cwmparc is now working at the local Remploy.

ELIZABETH BELLINGER from Witney, who trained at Queen Elizabeth's College, Leatherhead, has started work in Croydon and is living nearby at one of the Society's hostels.

JUDITH BROWN from Norwich, who trained at the Chester Office Training Centre, has commenced work on a trial basis as a Receptionist for a firm of Ophthalmic Opticians in Norwich.

PAUL BUTCHER from Tooting is working as a general hand in the assembly shop of the local Remploy.

VERONICA CONNOLLY from Letchworth, has commenced employment with the Letchworth Bacon Company.

CHRISTOPHER DAVIES from Bristol, who recently completed a course of Further Education at Dene Park, has commenced work as a stores clerk for the Leyland Motor Co. in Bristol.

FREDERICK DOCKERILL from Bethnal Green, has changed his job and is now working as a lift attendant in Shell Mex House, Strand.

GRAHAM DUHIG from Abbey Wood, who trained at Messrs. Joseph Lucas, Ltd., in Birmingham, is working as a machine operator for an engineering firm in Woolwich.

RUTH EDGAR from Huyton, has commenced work in the packing room of Messrs. Tavener Rutledge, Ltd.

ANTHONY ELLIS from Tiverton, who trained at Sherrards, has returned to his home and is now working for a local firm.

CHRISTOPHER EVANS from Churton, who trained at Messrs. Joseph Lucas, Ltd., Birmingham, is doing assembly work for an engineering firm.

SAMUEL FIRSTEIN from Stepney, has commenced a trial period of employment as a lift attendant for London Telecommunications Region.

JANICE FORSTER from Littleover, has commenced work nearby as a tape winder.

ROBERT GLAISTER from Ambleside, is working as a stores assistant at Vauxhall Garages in Kendal.

GRAHAM HEATH from Sheffield, who trained at Sherrards has started a trial period of employment in the drilling section of a firm in Colchester.

CRUISES FOR SPASTICS

MAIDEN VOYAGE OF THE S.S. 'NEVASA' (20,530 tons)

THIS FINE MODERN SHIP is now being converted specially for cruising to accommodate 300 Cabin and 1,100 Dormitory passengers. Her many excellent amenities include stabilisers and two swimming pools. *Places are now available on Cruise BI/124: 13 DAYS.*

Ports	Arrival		Hours of Stay	Departure	
SOUTHAMPTON				1600 Thurs.	28th Oct.
MADEIRA	0800 Mon.	1st Nov.	33	1700 Tues.	2nd Nov.
TANGIER	0800 Thur.	4th Nov.	29	1300 Fri.	5th Nov.
LISBON	0800 Sat.	6th Nov.	18	0200 Sun.	7th Nov.
SOUTHAMPTON	0900 Tues.	9th Nov.			

If you are under 21, able to walk, manage steep gangways unaided and independent as regards personal needs—come and join us. *Price £33; in dormitory accommodation only. Free lectures on places to be visited; free guided shore excursions. Evening entertainment—dances, films, concerts, etc.*

The British India Steam Navigation Company have offered us twenty places on this VIP cruise and it would be a great pity to have to decline the offer through lack of response—so—*applications as soon as possible, please to: Miss Malleson, Holiday Organiser, The Spastics Society, 12 Park Crescent, London, W.1.*

WILLIAM JONES from East Ham, is working as a general assistant for a firm in Poplar.

DAVID KNOWLES from Great Yarmouth, who trained at Messrs. Joseph Lucas, Ltd., Birmingham, has commenced work locally as a trainee-storekeeper for a small engineering firm.

CHRISTINE LAWLESS from Newport, who trained at Sherrards, has commenced a trial period of employment in the packing department of a local confectionery business.

MIRLEY MARSHALL from Mirfield, has returned to work with her previous employers in Cleckheaton.

ALBERT MOORE from London, has changed his job and is doing assembly work for a manufacturing concern.

JAMES MULLEN from Sunderland, who trained at Sherrards, is working locally as a capstan operator for Ericssons Telephones Ltd.

ATRIONA MCLELLAN from Dublin, who trained at the Chester Office Training Centre, has commenced work in Manchester as an addressograph operator.

COLIN MCLENNAN from Portsmouth, is doing office work for an engineering firm.

MARJORIE PERFITT from Enfield, is employed as a Tickopres operator by a firm in Tottenham.

PETER ROWE from Torquay, has commenced a duplicating business which he is running at his own home.

SUSAN SHAW from Manchester, has a temporary job in an office whilst awaiting training at the Chester Office Training Centre.

ROGER SMEE from Folkestone, who trained at Sherrards, is employed as an engraver by a firm in Bushey.

SANDRA SMITH from Manchester, who trained at the Chester Office Training Centre, is now working locally as a switchboard operator at the Palace Theatre.

TERENCE SMITH from Bromley, has changed his job and is working as a tea-boy for a firm in Lewisham.

GEORGE WARBURTON from Warrington, has changed his job and is now employed as a woodworker by a local firm specialising in the manufacture of baby carriages.

COLIN WEBSTER from Upminster, who trained at Sherrards, is employed as a general machinist by an Engineering Co. in Dagenham.

READ OUR STORY

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"EVERY 8 HOURS"

compiled by
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(assisted by **MARY HOBBS**)

APRIL DIARY

Election and Inaugural Meeting S.E. Region Advisory Committee

Opening of Holiday Bungalow, Shrewsbury Group

"The Family"—Small Conference for Parents ...

East Midlands Regional Conference

Concert in Aid of Spastics

Third Pan Pacific Conference on Rehabilitation ...

H.R.H. Princess Alexandra pays an informal visit to the Kingston Group Centre

Charity Paintings Sold at

Assessment Course/Cruise

Education Seminar

First Wessex Regional Conference

"The Way Ahead" 10.30 a.m.-4.30 p.m.

and

Election of Regional Advisory Committee

London Spastic School—Leavers' Survey publishes

12 Park Crescent	3rd
Prestatyn	3rd
Colwall Court, Bexhill	3rd-5th
Nottingham	4th
St. Pancras Town Hall	4th
Tokyo, Japan	12th-17th
Kingston	14th
Sothebys	14th
M.S. 'DUNERA'	21st-2nd May
Grey College, University of Durham	21-26th
Heathlands Hotel, Bournemouth	24th
	26th

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'62 CLUB OFFICERS' CONFERENCE

THE FIRST Club Officers' Conference from '62 and other Spastics Society Clubs was held at the Kia-ora Hotel, Westcliff-on-Sea, on Saturday and Sunday, 13th and 14th February, 1965. The Conference could not be held at the Arundel as originally planned due to the building work which is at present under way.

The registration was 34 with 13 clubs represented from as far afield as Bedford, Bristol, Cardiff, Chester, Nottingham, Warrington, Winchester and York. The Home Counties and London Central were also well represented.

The President, Mr. W. M. C. Hargreaves, took the chair for the opening session and set the tone by explaining the purpose of the Conference. It was hoped, he said, that the opportunity would be taken to interchange knowledge and ideas and also benefit from the papers to be given by the guest speakers. The delegates were then invited to introduce themselves with a brief talk about the work of their particular clubs.

The remainder of the morning session was devoted to talks from Mr. R. C. E. Cumplen on 'The Importance of a Constitution' and

Miss M. Johnstone on 'Committee Work and Minute Writing'.

After lunch talks were given by Miss Kenis Flynn (Cardiff '62 Club)—'Programme Planning' and Miss Marianne Robinson (Secretary, London '62 Club)—'Fund Raising'. All the subjects generated frank discussions and friendly—and, of course, very constructive—criticisms. The conferees showed alertness throughout a fairly strenuous first day.

In the evening all the officers and guests sat down to a delightful dinner at the Whitefriars Hotel where they were joined by Mr. J. A. Loring, Assistant Director, Services and Miss M. R. Morgan, Social Work and Employment Secretary. This was indeed a fitting end to a highly successful day.

The following day the speakers were Mr. Alan Hill, late of the Finance Department, The Spastics Society, who made a special journey from his new home in Liverpool. Mr. Hill was, of course, well known to a number of the delegates and his talk on 'Financial Problems' contributed to an excellent if somewhat hilarious session. Mr. A. Frank, Chief Regional Officer, closed the business on the

final day with a talk on the subject 'Your Local Spastics Group.'

It was interesting to see a change of Chairman for each subject, all of whom officiated in a very able manner.

During the two days good humour pervaded the proceedings but above all else one was left with the impression that the Conference was not regarded by those present as a light hearted weekend at the seaside. From the word go, interest was captured and retained throughout due in no small measure to efficient organization.

At the close of the Conference one was convinced that the '62 Clubs had achieved a significant and growing place of importance in providing for the social needs of a number of adolescent and adult spastics. Without doubt it is certain that conferences such as this cannot fail to play a very important part in creating a feeling of '62 Club fellowship and unity.

R.C.E.C.

The 34 Club Officers sit down to an historical First Conference Dinner, attended also by Miss Morgan and Mr. Loring as guests



'FROM - AN ACORN'

the story of Chester Office Training Centre

THE SPASTICS SOCIETY'S Office Training Centre? Where's that? How did it start? What training is given? Who pays?

These questions are often asked.

In the June of 1959, the Stockport, East Cheshire and High Peak Spastics Society instituted a pilot scheme to give commercial training to spastic young men and women. The William Turner Work Training Centre, as it was called, was begun in a humble way

in a converted out-house in the garden of Granville House, Heaton Moor. Granville House itself was the clinic and school providing treatment and training for madly handicapped children.

The William Turner Work Training Centre was only able to accommodate five trainees and Mrs. V. S. Parker was appointed to establish the syllabus, teach and administer the Centre. The first year was very hard going indeed, but two trainees were placed in employment and the first young man to start work was Roy Prince of 270 Market Street, Droylsden, Manchester, who is still holding down his job.

By the second year they were really in their stride, the waiting list had begun to grow and the Centre seemed perpetually crammed with machines and trainees anxious to learn. The Stockport Spastics Society then offered the use of a larger room in Granville House: accommodation for eight was available. During this second year the Ministry of Labour, who had been watching events, decided to pay them the spastic trainees, a grant during training. Donald Bancroft of Thringstone, Leicestershire entered the Centre on 25th April, 1960, and was the first trainee to be sponsored in this way.

Now that the Ministry of Labour was helping, it was possible to accept young men and women from all over the country, whereas in the first year the five original trainees had, necessarily, lived locally. Ministry of Labour sponsorship meant, however, that training had to be completed within six months, and this still applies.

By 1962 the waiting list had grown still longer and the trainees again moved into a still larger room in Granville House. In May of that year, the National Spastics Society, London, took over control of the Centre from the Stockport Spastics Society and the name was changed slightly to the William Turner Commercial Training Centre, but the work went on.

During the year 1963 it was decided to extend the facilities for office training and an additional new building at Blacon, Chester, was made available by the Chester and District Spastics Association, where 25 trainees could be accommodated. The name was changed once more and became the Chester Office Training Centre, whilst the William Turner Commercial Training Centre became the Stockport Branch of the Chester Office

Training Centre. Since those early days in 1959, 150 spastic young men and women have been accepted for training. One hundred and seven of them have been placed in employment and some, of course, are in training now.

The purpose of training is to provide basic knowledge of the type of work performed in an office. Instruction can be given in the use of office equipment such as the Addressograph machine; the Tickopres label over-printing machine; a photo copying machine; a duplicator; manual and electric typewriters; adding machines; a comptometer; accounting machines (one of which, a recent model, is a gift from the National Cash Register Company); the Hollerith Punch machine and a Multilith machine. In addition, trainees are made familiar with different office routines such as filing, post room work, reception work, telephone duties, etc., and there are also revision classes in English, arithmetic and spelling. In cases where the trainee shows a particular aptitude for certain machines or routines, training can be concentrated on this ability.

Accommodation during training is provided in private lodgings nearby, and at Chester there is also a small hostel attached to the Training Centre where ten trainees live.

Trainees sponsored by the Ministry of Labour have usually had to attend one of the Spastics Society's short Assessment Courses before being submitted, but all are assured of a very warm welcome from Mrs. V. S. Parker who, we are glad to say, is still with us as Principal of both the Chester Office Training Centre and the Stockport Branch where the germ of the idea took root.

M. M. BROWNJOHN,
Placement Officer.



(Right): The new centre at Chester, and

(above right) the Stockport branch in its early days



Riding Therapy for Spastic Children

Winford Orthopaedic
Hospital, near Bristol

Courtesy of
'The Nursing Mirror'

This ingenious gadget for teaching children the correct hold on the reins, was designed and constructed in the hospital. The dangling weights against the wall simulate the feel of the pony's head on the reins



A special sling hoist, evolved by the superintendent physiotherapist and the engineer for an older boy too heavy to be lifted into the saddle. The patient works the hoist himself and is swung gently over the pony's back

WINFORD ORTHOPAEDIC HOSPITAL was the first to institute pony-riding therapy for spastic children. A games hall which can also provide an indoor riding school was built and equipped with over £7,000 collected by local voluntary effort, on the initiative of the superintendent physiotherapist.

Ponies are borrowed for weekly sessions supervised by physiotherapists and assisted by keen young riders who are not difficult to recruit in a district of flourishing pony clubs. The patients do exercises on the ponies standing at the halt and then at the walk, for spastic patients relax remarkably and go out of spasm when in the saddle. Needless to say they enjoy riding and show no fear.

The delighted expression on this little patient's face registers his achievement in guiding the pony between two poles laid on the tan without the assistance of the leading rein



R.O. and W.I.

An irreverent
and affectionate
account

by
Jack Kelly
Wessex Regional Officer

IT WAS A TYPICAL November evening, and I was quite convinced I was going to be hours late. As I drove in low gear along the narrow country road the fog seemed to be thickening every minute. When I reached the village I burst into the gas-lit hall and found the business part of the meeting still on. The rows of silent staring women sent me back into the cold night outside where I could at least hide my blushes in the darkness. Hard on my heels came the Institute secretary.

'What on earth are you doing here?' she boomed incredulously.

'Have you lost your way?' she added, before I could answer the first question.

'I've come to talk about spastics, don't you remember?' I said as heartily as I could.

'But you're next month. It's Mrs. Todd's Flower Arrangement class tonight,' countered Miss Efficiency.

I fumbled for my diary but my feet had started an involuntary retreat towards the car. 'Oh! Of course. Sorry. How foolish. I mean, I'll be back next month,' I stuttered as I shot away.

We had hardly had time to carry the furniture into what was to be the Wessex Regional Office before we started receiving invitations to speak to clubs and societies about the Society's work; and still the requests come in. By far the majority come from those venerable organisations of our villages—the Women's Institutes. My immediate reaction to the first of these formidable requests was one of panic. How could I—a mere man—possibly face such an ordeal?

Looking back on my experiences I now realise how foolish I was in my trepidation. Visiting these Women's Institutes in different parts of the Region has been fascinating; not without its moments of horror, but also with some rare touches of humour.

The pattern of a monthly meeting of the W.I. seems to be fairly standard. Most open by singing Parry's 'Jerusalem', though I've heard this only on those few occasions when I have turned up too early. This is followed by the routine business matters of minutes, correspondence, and announcements. When this is concluded the speaker—who until now is frequently kept waiting in the porch—is ushered in and introduced by the President.

After the talk and the inevitable questions—which-the-speaker-would-be-pleased-to-try-to-deal-with, the hostesses for the evening provide refreshments. I had a lot to learn about this ritual too. In the early days I gladly accepted a cup of tea, but politely declined all the tempting home-made delicacies. I soon realised that this upset the ladies; indeed some made little attempt to conceal their annoyance, and went off with mutterings of how they had slaved over a stove all afternoon. So now I have given up the hopeless battle of the bulge, and the tea hostesses are delighted when I attack their pastries with relish. How they love thrusting a plateful of sausage rolls

under one's nose with a forceful, 'I made these myself'. It needs a braver man than this to refuse.

While sipping my tea on my second visit to that first Institute, the President—a tweeds and brogues type—said, 'Will you do the competition now?' After she had repeated this for me three times I managed to lisp, 'What competition?' And for the next quarter-of-an-hour I stared at rows of neat canework—shopping baskets, fruit bowls, trays, and so on. How could I possibly choose three in order of merit? I didn't know a thing about it. Eventually I pointed vaguely at some of them and made hurried excuses to get away before the results were announced. Nowadays I thoroughly enjoy judging the monthly competitions. At different times I have adjudicated savoury flans; handwriting; the largest number of things in a matchbox, and miniature gardens on soup plates.

One summer evening I stopped on a country road to check my route to the local Institute. 'You must be the chap who is talking about Plastics up there tonight', said a local farmer and gave me clear directions to the hall. Suddenly his face changed and he grabbed my shoulder through the open car window. 'Don't you dare tell my wife you've seen me out, will you?'

'Trust me', I said quickly, without explaining that I had no idea who he was anyhow. The last I saw of him as I glanced in my driving mirror, he was making a beeline for the 'Farmer's Arms'.

At another meeting I noticed a large lady sitting rather forbiddingly in the middle of the front row. Every time I paused for breath she interpolated my sentences with some outrageous comment about a child in her street 'what was taken queer'. I made the pauses shorter but she still managed to get in her snippets. I almost asked her to step up and take my place but thought better of it, and let her share the audience with me by making longer pauses than usual. She loved it, even if the others were confused. I am sure the ladies of that Wessex village are convinced that spastics suffer from all the ailments known to modern medicine and a few that the doctors haven't got round to yet!

I have not been surprised to discover that the W.I. movement has nearly half-a-million members in its 8,500 Institutes in England and Wales. The movement originated from Stoney Creek, Ontario, in 1897, but it was not until 1915 that the first W.I. was started in the United Kingdom. This distinction belongs to the unpronounceable Anglesey village of Llanfair P.G. The movement is worldwide, but the activities of each village institute is entirely its own affair. These centres of educational and social activity are as much a part of rural life as cricket on the village green. Their varied programmes embrace talks, demonstrations, music, drama, dancing, and handicrafts. Ladies of the W.I.—as a mere Regional Officer who rushes in where angels fear to tread—I salute you.



(Top left): WHOSE hand is that, pushing over the beacon at the Cock Beck Arms Hotel, Leeds?

(Left): It belongs to one of the chimps from Billy Smart's Circus, who did his job most professionally

(Top right): Craig-y-Parc has a Photographic Club. Here is a picture of some of the Club Officers in a moment of concentration taken by nine-year-old Martyn Price—very nice work

(Above left): This is Snafu Furr. He has performed with superior showmanship for spastic children at the Oxford Centre

(Above): A painting of Sir Winston Churchill is presented to the Director of the Spastics Society, Dr. C. P. Stevens, by the artist, Mr. Christopher Columbus Campana. The painting is to be auctioned for our funds at Sotheby's



(Top): Hon. Officers of the Society at the Annual Staff Party. Left to right, Mr. W. A. Burn, Treasurer; Mrs. Hargreaves; Mrs. Moira; Mr. J. F. G. Emms, Vice-Chairman; Mrs. Burn; Mr. A. Moira, Vice-Chairman and Mrs. Emms

(Above): Hy Hazel, who has helped us so often, caresses a beacon containing over one hundred pounds before knocking it over at the Duke of Wellington, Chatham. The beacon was built in eleven months

(Right), Shirley Bastin, a spastic herself, has found a happy and useful outlet as a housemother at Swansea Spastic Centre



The Complaint of the Houseparent



Reply to the Complaint by a Warden



MOHAMMED recommended that Christians and Jews should rival one another in good deeds and leave the solution of their various debates (as to who is right) to the final judgement of God. This is perhaps the sensible attitude to the complaint of a houseparent. I think we all of us have to show some sympathetic understanding of the difficulties which attend the work of houseparents, and my own view is that the spastics themselves can do more to attract staff than anyone else can. Certainly, there is a shortage of houseparents generally, and to attract them into this kind of work means that every effort must be made to make the work tolerable. Bad behaviour is bad behaviour, whoever is responsible. But there are one or two points which would repay consideration.

First, we must understand that the peculiar behaviour of the spastic is part of the handicap. This may not be a final verdict but at least the evidence to date suggests this is true. The strange and supremely egoistic attitude of the spastic is as much a handicap as the physical deformity. If we understand this we treat it as part of our work.

Second, there is no loving kindness in the complaint. I know it is trite. I know it sounds sentimental. I know it raises a horse laugh everywhere. I know it has no place in our highly complex mechanistic and competitive society. It won't secure honours, or riches, or prestige. Nevertheless—and this is probably why so many of us continue to work in this place—without loving one another the world is a cruel and wicked place. And somebody has to start the process of loving. *And it is no use leaving it the Spastic.* We have to begin. The houseparent must attend to the menial needs of the residents, and establish an empathy with the person helped. Unless

the houseparent establishes this empathy with the person, so that the relationship is human at once, things can go wrong. We doubt the validity of that which we do when we do things without love. So doing things in love is a must, not for the sake of the spastic, but for our own souls' sake. The spirit of indifference, contempt, or dislike must not come into it. I know from experience how hard it is to 'Love the unlovable'. But any fool can love the lovable. We must not be fools. And we must love because the spastic in our care needs it as urgently as he needs to be fed, dressed and cared for. Love is caring. And if circumstances arise in which it would seem that the world is a poor place, then the obligation is directly upon us all to make manifest the spirit of love. Love is the only thing which can redeem a cruel situation and once we realise it, and manifest it, the world becomes less harsh, even kindly, more tolerant. I know what it is like to have the feeling that the entire Centre has gone mad a-baying for the moon: when each and every resident howls for attention, special attention, the special privilege. And there is only one answer to such cries: 'Don't add to them'. We are just at the beginning of a special kind of work. We need time to work things out. We may not see a solution in our time. But it would be a sad day if we let the cries of petulance drown the sob of need. We must listen for other sounds, see the kindlier results, watch the unfolding of personality. And the spastic will respond, he must respond, even if not yet.

I HAVE BEEN scratched, kicked, bitten, insulted, struck, beaten, had my clothes torn, spectacles broken, feelings hurt, and morale shattered. I have suffered the vindictive jab on the exposed corn, the twist on the arthritic joint, the built-up boot on the pet bunion. Lifting in the bath, lifting off the toilet, dressing the athetoid, has exposed me to the clout with the elbow, the knee in the groin, the heel on the shin, the fist in the eye. In all these things I had 'The patience which is oft the exercise of saints' without, of course, being a saint.

But not only did I require to be a saint. I had to be physically robust. I had to be highly intelligent. I had to have the speech and decorum of a first-class education. I had to write letters home for residents who dictated savage criticisms of other staff. I was expected to be softly spoken, shy, modest, retiring, well-read, musical (pop, classical or jazz whichever resident I was attending at any one time), with a smattering of modern languages. I had to have some knowledge of medicine, for each resident has his (or her) particular anodyne and one had to distinguish between aspirin, dispirin, codeine, aspro, alka seltzer, rennies, senna, vegetable laxatives, Andrews and other brews. I had to be equipped to understand strange bowel movements and degrees of constipation, diarrhoea, hemorrhoids, dieting and the more complex water systems flesh is heir to.

I was not unaware of selfishness as such, but never before have I experienced the egoistic behaviour the spastic is capable of. I was not supposed to have feelings. I never had courtesy shown. Consideration was not in the dictionary. Members of staff could have serious family problems, husband sick, children ill, and the usual enquiry was made from time to time, but at no time was it permissible to use a personal difficulty as an excuse for mislaying a garment, or toothbrush. 'How dare you forget me' was always in the air. And being treated like a hireling was quite irksome at times. Being taunted with 'If it was not for me, you would be out of a job' is not the most affectionate approach between human beings, and to be cunning for once, neither is it the best technique for having favours shown.

If I were asked why I continue to do this kind of work I would not know how to answer. Laziness perhaps; the unwillingness to make a change. The feeling that it is a challenge, and that one should not evade a challenge. Perhaps it satisfies some instinct for giving service. I don't know. But that it is very demanding physically, emotionally, mentally, is an understatement. It is nice to have strangers say 'What a marvellous job you do, you must be dedicated'. But there are not so many of us doing it as the work demands, and shortage of staff throws a great burden on those of us left to do it. Perhaps we are more important than we know. Certainly there are other ways of earning a living. Maybe one day we will try them.

FROM 1942, when the last of my brothers luntered for the Forces, until the last day 1954, when I entered Prested Hall, my mother and I lived by ourselves, and during this time we jogged along very well. Being able to do most things for myself, my handicap was not really apparent, either to myself or to my many hordes of friends—until the inevitable happened, and my mother had to go to bed for two or three days with a feverish child.

Although I did not like my mother being ill, I quite enjoyed having to cope mainly on my own until my very good neighbours had time to pop in when they left off work, and I tried to manage very well by adapting certain things to my needs. I should point out here that though my right hand is perfect, I have to hold my walking-stick in it, and I cannot carry anything without a handle in my left hand. Also, my balance on my feet is rather poor. My best friend in these circumstances was a huge Meccano set, which I found was just as essential to me as a typewriter, an electric razor or a bedside lamp.

Lighting the fire in the morning was easy, the paper and wood being very close and handy. Then came the task of making a cup of tea and getting it upstairs. We had a very large kitchen, and the sink with the only tap in the house was on the opposite side to the gas-stove. This necessitated a system of stepping-stones by means of two chairs and the table, which was in the centre of the room. I would fill the kettle, insert a cork into the spout, and place the kettle on a rubber mat in the first chair. From the chair I would move it on to the table, from the table to the second chair, and thence to the gas-stove.

Having made the tea, I would place a thermos flask in a basin, and fill it from the tea-pot by means of a funnel. I would then put the flask, together with a cup and saucer, into a shopping-basket with a very good handle, and this I could carry upstairs quite easily. Then came my own breakfast, which was again easy. I would boil an egg by placing it in a kitchen strainer, and then lodging the strainer in a saucepan of boiling water, thus preventing all risk of scalding myself.

ch?

Breakfast over, the tasks of cleaning the fire and the ash-can and refilling the coal-scuttle were also easy. I made myself a trolley from my Meccano set; this was made from 12in. double-angled girders for the framework, four No. 4 plates for the platform, and was reinforced by No. 8 angle brackets. The trolley had eight rubber-tyred wheels, four of which were made up into a bogey to provide steering. The bearings for the axle were made up from lin bushwheels. Thus the whole thing was very strong, and would carry up to one cwt. This I used for carrying coal from the coalhouse, which was outside, and also for transporting ash to the dust-bin. I also used it for carrying a pail of water from the kitchen to the bottom of the stairs. My mother had had the bright idea of buying me a white

ADAPTATION

by Ernest Barnes

enamel pail, not with the lid outside, as most pails have, but with a lid that fitted two inches inside the rim of the pail. I made a very strong crane jib, which I clamped on to the top rail of the banister, and as our staircase was semi-spiral with the top step almost directly above the bottom one, I could thus haul warm water upstairs for my mother to wash herself with, and return the dirty water downstairs later by the same means.

From Meccano I also made a 'helping hand' with very wide jaws, this was a great help, especially in taking things out of a hot oven. When I made myself a Welsh rarebit or a rice pudding, I would place a chair between the table and the gas-stove, and with the aid of my 'helping hand' I would pick the dish off the table and put it in the oven. When the Welsh rarebit was cooked I would take it out of the oven in the same way. I was always very short-sighted, but I had a very acute sense of touch, and I always knew when I was holding anything firmly in the jaws of my 'helping hand'. I also made a stand for filling hot water bottles by means of a heavy oak block six inches square, with 12-inch angle girders bolted on to it, held together by three-

inch double-angled brackets. The bottle-holder was made by bolting two five-inch circular strips to the top double-angled bracket.

The only thing that I could not do was to sweep the floor, or to make a bed decently. Neither my mother nor I could understand this, as there seemed to be no physical reason why I could not do these things.

I think that the Meccano-type constructional toys could be well employed by individual spastics living at home. Meccano particularly has a good system of locking-bolts. I also think that if a spastic has to cope, he is best left on his own to do so, especially when urged on by an empty tummy. There is nothing so delicious as a Welsh rarebit or a rice pudding which one has made oneself, and to get a pail of slops down a staircase without spilling any of it is indeed an achievement.

PARLIAMENT PLANS FOR P.H. PEOPLE

SOME TWO MILLION disabled people (there may be more) should be delighted to hear of an exchange that took place in the House of Commons recently. Here it is in full:

MR. ALLASON (Hemel Hempstead, C.) asked the Minsiter of Health whether he would provide ramps to permit handicapped people using wheelchairs to enter public buildings.

MR. ROBINSON: The Minister of Public Building and Works and I intend in the near future to circulate to Government departments and to hospital authorities respectively short notes on design features in future public buildings, including ramps for wheelchairs which will help handicapped people.

The Minister of Housing and Local Government and I propose at the same time to write to local authorities inviting them to incorporate these features in new local authority buildings and to encourage their incorporation in other buildings to which handicapped people need access.

MR. BOSSOM (Leominster, C.): Will the

Minister also include places of worship and places of entertainment?

MR. ROBINSON said the matter was for the Ministry of Housing and Local Government.

There were 70,000 people, he added, who had wheelchairs issued through the Ministry of Health.

This is particularly good news to the Central Council for the Disabled who have been campaigning to enlighten architects, surveyors, local authorities, and many others concerned for some time. 'Headway is being made,' said a spokesman 'this is another nail in the coffin of indifference.

'Now this intention on the part of Parliament is really something. We hope that eventually all public buildings—which includes, of course, hotels, cinemas and so on—will be designed or modified with the disabled in mind. Steps are, of course, the main stumbling blocks but narrow doorways, slippery surfaces, and lack of handrails are other barriers.

SLOW MOTION

CHAPTER IV—Welcome to Coombe Farm

by Ann Pearce



FOR A WHOLE fortnight after my interview I lived in suspense and anxiety as to whether or not I would be accepted. The eternal questions came into my mind, would I again be too heavily handicapped? My character had also to be taken into consideration; how did other people see me? Coombe Farm was not a place for children; was I ready for this more grown-up life? Every night when saying my prayers I begged for help from the Lord to let me go to Coombe Farm. My visit there had meant so much to me and I had to find some security other than school. It was obvious the longer I stayed at the Palace the longer I was occupying a place another girl could be using. Besides, being the oldest girl at the school I was lacking companionship of my own age and spending too much time with the younger girls which wasn't good for them or me.

At last news! We were laughing and talking while having dinner one day when Miss Lake walked into our dining room. Immediately we were quiet waiting for the lecture

on somebody's misdeeds, or the notice which hadn't been announced at prayer time, but to our surprise Miss Lake told Alice Maddock that her application to Coombe Farm had been accepted. Alice had had her interview sometime before me, but even so I was all tensed up: was there news for me? I had only waited a fortnight so must be patient, but to my great relief Miss Lake then said I also had been granted a place. I was speechless with excitement, my arms and legs completely out of control. My dearest wish had come true; at last I was to leave school and go to work. Maybe it wouldn't be work in the sense that other people accepted the term but it would be adapted to suit my individual requirements, and I was more than ready to go forward.

My last few days at school were very full. The inevitable preparation to be made, and spending as much time as I could with my friends, many of whom I wouldn't see again for a long time. We had had a lot of fun together even though we were all handicapped.

Now I must leave all this behind. New experiences and new friends would be waiting for me.

I travelled to Coombe Farm in a Red Cross car, strangely enough with the same driver who had taken me to the Palace on my very first day. Feeling very proud at making this journey by myself I directed the driver to Coombe Farm. The Warden was waiting to greet me. I had arrived.

It is fortunate I have a gift of being able to settle down quite quickly in a new place, maybe because I have had to do it so many times. So it really didn't take me long to make myself at home and although there were many things I had to get used to everyone was very kind and helpful. I think the first thing I realised was how heavily handicapped the girls and boys were. At school somehow one grew accustomed to the other girls and didn't think about it, but now there were so many more to get to know, it was almost like starting to learn right from the beginning again but in a more grown-up way.

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SPECIAL FEATURES

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- Is adjustable for height from 16" in low to 24" in high position.
- Extras include quickly detachable standing supports (2 shown in illustration) and sand or water tray.

Table	£26 0s. 0d.
Standing Supports each	£4 7s. 6d.
Leg Dividers each	9s. 6d.
Sand or Water Tray each	£4 15s. 0d.

Carriage and Packing extra

THE JUKE-BOX MAN

by
Susan Bradley

illustrated by Judith Dale

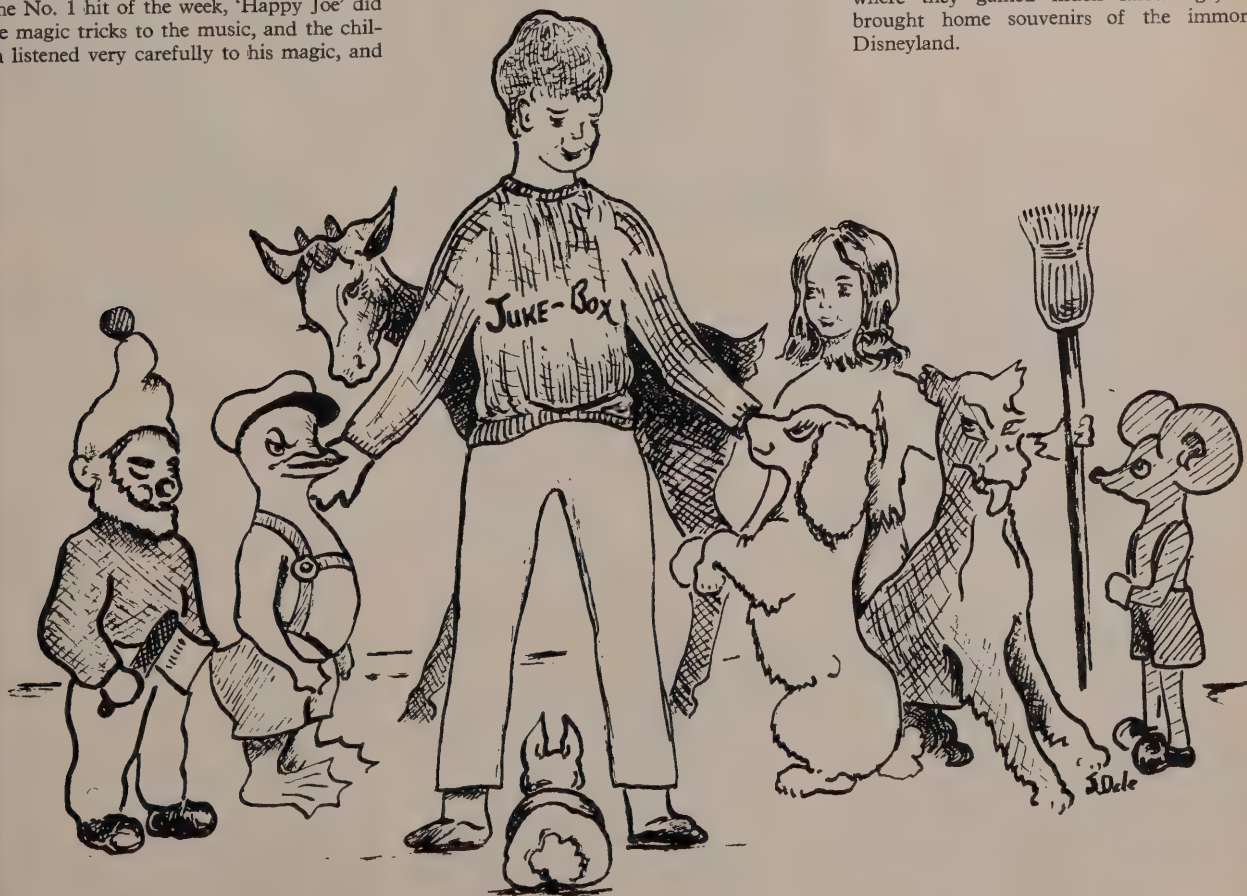
ONCE UPON A TIME, there lived a nice young Juke-Box man, who used to invite children to come and listen to the latest pop records on his juke-box every weekend. The children loved 'Happy Joe' as they called him, and he used to ask them to join in the choruses of the pop records that were played. He also asked them to do the 'twist', the 'shake', the 'skip', and the 'bonanza', which they loved doing, and were very good at after much practice. 'Happy Joe' also used to join in their dancing and singing and did handstands and cartwheels too. The younger ones also brought their dolls and they joined in too. One fine Saturday, while they were listening to the No. 1 hit of the week, 'Happy Joe' did some magic tricks to the music, and the children listened very carefully to his magic, and

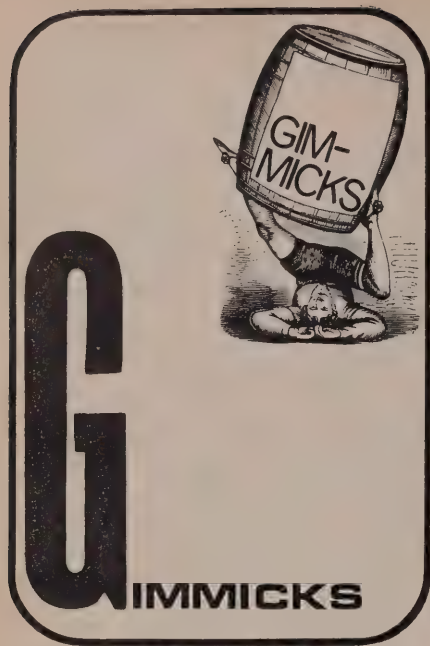
then, what do you think happened, Disney puppets appeared suddenly, which they played with, and he gave them masks to put

on, and said, 'what about a trip to America to meet Walt Disney and his famous Disneyland?'

The children were very naturally excited at the idea of going to meet such great people, and they all went by plane to New York first, and saw the skyscrapers and other interesting buildings. Then they visited Disneyland, with Mickey Mouse, Donald Duck, the Lady and the Tramp, Cinderella, Snow White and the Seven Dwarfs and many others, and they had a smashing time playing with all these fascinating animals and, of course, talking to Walt Disney.

They will never forget their exciting adventures to Hollywood and New York, from where they gained much knowledge, and brought home souvenirs of the immortal Disneyland.





In the two pictures above, Carole shows the help given to posture by this variation of the well-known triangular seat, which maintains a maximum degree of hip abduction in the child with severe internal rotation of the hips, and gives the arms more freedom of movement

Diana is seated at a roller-seat table. The roller provides a much better sitting base than a chair for the child with extensor spasm. This frame, of chair-back and table, used over a roller is designed to get them used to sitting up and to encourage them to play



CONVERTED GARDEN CHAIR

by a parent, Mrs. F. Stoves

THE CHAIR in the picture is an ordinary garden chair with comfortable wooden arm rests.

The wooden support on the bottom rungs must be attached by two brackets, and two bolts must be drilled through the wood and tubular rungs to prevent slipping.

Four large flexello castors are fixed at each corner. Most handy-men could fix the step, but this is not essential.

This chair has proved most useful, both for visiting, and for use as an easy chair where space is limited. It is very easy to pack it into a car.

A hole may be cut in the canvas seat, and the canvas reinforced over a board. With a chamber pot fitted in, the chair would be converted into a very handy commode chair which could be taken on holiday without any fuss or embarrassment.

A spring which is used to hold luggage on a motor-cycle is very good to fit across the front of the chair to give the user a feeling of security.



above and below are illustrations of a home-made stove cover for badly handicapped spastics who would otherwise be unable to avoid burning themselves on the electric hot plate. Note the large number of ventilation holes in the sides of the cover, which is made of asbestos with a hole cut in it for a saucepan, and is approximately 6 inches above the hot plate



From Ingfield Manor School comes this idea of a rotary embroidery stand that clamps securely to the table.

The circular frame is turned over at each stitch enabling one to use one hand and see clearly both sides of the work



This tricycle conversion from Trengweath, Plymouth, shows the trouble the Ministry of Health is prepared to go to, to adapt Spastic children's tricycles.

Note: tricycles are sometimes the only form of propulsion spastics can manage. Not all parents realise that they are obtainable from the Ministry of Health.

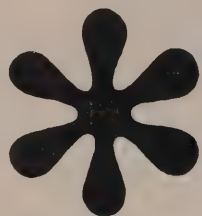
Any queries, write to:
Appliance Officer, 12 Park Crescent, London W.1

The Appliance Officer recently visited The Lady Zia Wernher Centre in Luton, and the stove cover, typewriter cover and two kinds of seat were shown him by Miss M. Parnwell, the Occupational Therapist there.

Spastics often need typewriter shields: here is an alternative to making a laborious wooden cover.

Miss Parnwell ordered another dust-cover for this Royal electric typewriter, and by means of distance pieces (cuts off tubing) separating the two dust covers, she has made a shield for the keys. Plywood has been used to blank off some of the keys which are not required





NEWS FROM **** SCHOOLS AND ***** CENTRES

Sir John Wolfenden at A.G.M.

Sir John Wolfenden will be the guest speaker at the Society's Annual General Meeting on October 23, 1965.

KNITTED SQUARES for the Save the Children Fund

WE HAVE been asked by this organization if any of our spastic children or adults would like to knit squares for making up into cot blankets for children in need overseas. The instructions for making these squares are as follows and if it is not possible to make the squares up into blankets, The Save the Children Fund are quite prepared to do this work themselves.

The squares should be 5in. by 5in. and 20 of them are arranged in five rows of four squares to make a cot blanket. Use double knitting wool or 3-ply used double and No. 10 knitting needles. Cast on 30 stitches, proceed in garter stitch until work measures 5in. Cast off.

If making up a complete cot blanket, then the outside edges should be finished with a double row of crochet.

The squares and completed blankets should be sent to:

Mrs. J. K. BARDELL,
Supplies Secretary,
The Save the Children's Fund,
29 Queen Anne's Gate,
London, S.W.1.

TRAMP AROUND TOWN

S. T. C. Film

ONE MAY be sure that when the students of the current houseparent course held at the Staff Training College in Wallingford first considered their applications none of them would have expected to become film stars before six months had passed. This is, however, exactly what happened and they may now turn their eyes to either of the 'Woods'—Pine or Holly—and look for recognition for their services to this art form.

The College endeavours, as part of its function, to offer the students as many leisure activities as possible, both for their own participation, and in order that they may use their latent talents in their schools during the children's out-of-class activity sessions. In six weeks they have made puppets, paddled canoes, rubbed brass, modelled clay and pottered, set mosaics in plaster and cut out cupids for their Valentine's dance. One of the most successful ventures was the week-end devoted to the making of a film to be entered for a local Berkshire Photographic Society's competition. The rules stipulated a four-minute film in which a boat, a baby, a bottle of beer and a brick were to be included. A slapstick 'chase film' was devised and the plot centred around a penniless tramp eagerly seeking an opportunity to quench his thirst. His attempts anger two fishermen with boat who give chase—with boat—through the streets of Wallingford. He steals from a bar and is chased by the barmaid, makes his escape in a pram—now chased by its owner with offspring—enters the 'Panacea' guest house, at which point the 'crowd' is enlarged by irate diners, children and others, and finally is inadvertently loaded into a furniture van.

The brick interrupts the progress of the leading indignant pursuer and all the rest of the group fall on top of him while the tramp smiles serenely from the rear of the van waving his prize—a bottle of beer!

For Wallingford it was a novel situation to see a crowd of people encumbered with knives and forks, part-washed beer tankards, an eight foot dinghy and fishing rods, chasing a truly disreputable tramp. For Sunday morning regular anglers taking part in their own serious competition on the banks of the Thames it was a little disconcerting.

For the students, all of whom took part, it was a chilly, bewildering, at times exciting and often dangerous way of spending a January weekend in College.

The film won first prize!

Cameras—Sankyo 8cm. Bolex C8.

Film Stock—Perutz Black and White 100

Film Speed—12 f.p.s. ASA.

Sound—Synchronised trad jazz on Eumig projector/Grundig T/Recorder.

R. JOHNSON.

Lively Ingenuity

COOMBE FARM

presents

'The Purple Planet'

AT THE NEW YEAR party at Coombe Farm Spastics' Centre some of the residents presented an original short play written by two of them (Roy Chapman and Victor Hancox) and acted by a big cast.

So successful was the venture, an entertaining science fiction fantasy called 'The Purple Planet', that recently the company gave a repeat performance at the centre.

With considerable ingenuity the devisers of the hour-long piece incorporated the fact that many of the actors were in wheel-chairs by setting the body of the action on a distant planet of the future where, it was explained, the inhabitants had undergone a mutation after being exposed to radio-activity. Men and women there lived in separate, coloured hemispheres (red for the men, blue for the women) afraid to meet because they had been told that if they did it would spell ultimate disaster for their planet.

However, an earth scientist, spirited to the place either by the accidental use of a wonderful time-space drug (or it *might* have been a dream, the wily script suggested) risked everything to persuade them to meet. And through his liaison work the purple planet came into being.

The play was full of humour, particularly well exploited by Stuart Simms as the crusading scientist—especially in his scene with the Red Planet's big-wig, an imposing figure topped by a highly individual crown and known to his subjects by the mysterious title of the Mighty Pheza. Co-author Roy Chapman played this part and his costume, like the rest of the exotic space wardrobe, was supplied by the occupational therapy department.

Similar lively encounters took place between the scientist and the Queen of the Blues, charmingly played by Brenda Smith, and between that imperious monarch and some of her ladies, whom she considered to be getting dangerously independent of mind.

All the players, even those with speech handicaps, spoke their own dialogue, but except for the opening scene this had been pre-recorded on tape to get it as fluent as possible. Some of the dedicated actors had repeated a line as many as 30 times before they were satisfied. The cast then mimed to the resultant recording, and did it very convincingly.

The fairly complicated stage management for the show was in the hands of Margaret Fensome, and it all went very smoothly.

G.M.P.

Croydon Advertiser.

LIVING IN THE MOTOR AGE

J. A. Loring

SOME MONTHS AGO I wrote an article for SPASTICS NEWS called 'The Society In 1984' and in this article I threw out suggestions about some of the problems of the future.

One of the problems which I did not mention was that of the motor car. It has been said that in the motor car we are nourishing a monster of great potential destructiveness and it was the motor car as a menace that prompted Professor Colin Buchanan's famous report 'Traffic in Towns'. Professor Buchanan's Committee was asked to state the long-term development of roads and traffic in urban areas and their influence on the urban environment.

The problem partly results from a very rapid increase of population, an increase so great that in the year 2,000 A.D. the population of the United Kingdom will probably rise to 70,000,000. It seems likely that long before the year 2,000 the number of private cars in England will at least equal the number of private households. With so many motor cars in such a small Island there is a very real possibility that unless, amongst other things, the centres of all our large cities are replanned and very strict traffic flow regulations enforced, road transport in this Island will grind to a standstill.

Congestion caused by motor traffic has already jeopardised the well-being of many people in towns, the enjoyment of many human activities and indeed the efficiency of many economic activities. The potential increase in the number of vehicles is so great that unless something is done, conditions are bound to become extremely serious within a few years. Either the use of vehicles in towns will decline rapidly or the pleasantness and safety of our surroundings will seriously deteriorate. We have all seen the effect of small scale road improvements, many of which are designed mainly to keep traffic on the move. Schemes of this sort can in fact make the position much worse since they may divert attention from the need to take large-scale measures.

There are also a number of associated problems. For example, where in this small Island will a further 20 or 30,000,000 people be accommodated? Where will they work? What work will they be doing? How will they spend their leisure and what sort of recreational facilities will they want? If we are to build all the necessary accommodation for them, we must build the equivalent of a city the size of Bristol every year for the next 45 years, and how are we to re-design the many cities which were built in the late 19th century for a quite different society with a different social and economic structure? These and a multitude of other problems were spotlighted by the Buchanan Report.

The motor vehicle itself is different from other forms of mechanical transport because of its ability to provide door-to-door service, but this special ability is being frustrated partly by the multiplication of the number of vehicles themselves and partly by the form and arrangement of towns. Only too often,

doorways are unapproachable from being blocked by other traffic or because of various regulations which have been imposed merely to keep traffic moving. Some of us already have parking meters outside our own front doors. It is difficult even for a doctor to park a car outside a patient's house.

It is very difficult to weigh and judge between the various aspects of the traffic problem. The costs of traffic congestion, for example, have been studied and in 1958 the figure of £140,000,000 was estimated as a loss arising from congestion in urban areas. It is now possible to think of a figure of £25,000,000 or more but it is in fact extremely difficult to translate these delays into money.

One of the most tragic aspects of the increase in use of motor vehicles is the great many accidents. This is a complex problem. It seems that whilst the total number of accidents has increased dramatically it has not increased proportionately with the increase in vehicles, and a four-fold increase of the number of vehicles since 1934 has led to no more than 45 per cent increase in casualties. But this 45 per cent increase is represented by a total figure of 350,000 accidents in 1960; a terrible toll in terms of human misery and destruction. We are all conscious of the way in which the environment in which we live has been affected by the motor car, but because we have grown up with it we tend to take the deterioration of our lives more or less for granted. Most of us remember that only ten years ago there were residential streets where few people owned cars and where the only traffic was the occasional coal-lorry or furniture van, but in the same areas today most domestic deliveries are made by the motor vehicle and the majority of residents have cars. These changes have resulted in an endless movement of vehicles up and down the street and in streets where there are no private garages, cars are parked and create additional hazards for children. Many main roads become congested with traffic and drivers use backstreets as alternative routes—streets which are quite unsuitable for the purpose. In some cases, these diversions of traffic are the result of official policies. The noise, fumes and smell created by motor vehicles are commonplace and we accept them, but there are many other environmental problems created by the motor vehicle, such as the visual effects produced by equipment and works associated with motor vehicles, and the clutter of signs, signals, bollards, railings and all the rest of the paraphernalia.

Accidents must be taken very seriously, but how serious is it that elderly people and handicapped children should be frightened of crossing a road? What weight should be attached to the anxiety of parents when their children are out on the road? Does it matter that conversation in the street or even inside buildings has been made almost impossible by traffic noise?

If there proves to be a connection between exhaust fumes and lung cancer this will, of course, be a very serious matter, but apart

from this are not fumes in themselves really a nuisance?—a sort of impertinence thrust upon us without as much as 'by your leave'? A number of these are very difficult questions to answer because they are subjective-questions.

As to the future of the motor-car, there seems to be little doubt that it is assured. There are so many advantages in a fairly small, independent, self-powered and highly manoeuvrable means of getting at ground level and it is very unlikely that we shall ever wish to abandon it. How then are we to plan for the future and what are the consequences of such planning for the handicapped?

I think it true to say that it is now being realised, somewhat reluctantly in certain quarters, that if we are to accommodate ourselves to the motor age we must put human environment first. We cannot allow man in his role as a motorist to dominate man in his essentially human roles. This conflict of interest is potentially overwhelming and planning and restrictions seem to be the only answers.

In two recent cases, at Leicester and Kings Lynn, the theoretical exercise done by Professor Buchanan on the growing urban centre of Newbury and the historic and relatively static centre of Norwich, have been applied in a quite practical way. Leicester has estimated a four-fold increase in vehicles in 30 years and in order to cope with the situation it is proposed that only one-third of the cars which wish to use the city centre will be allowed to enter it. Incoming motorists will have to leave their cars at what are called interchange car parks on the perimeter of the town and will then travel to the centre by bus or some sort of enlarged taxi. It is also proposed that a monorail might be used to cross the city from north to south and provision is being made for a ring of high level motorways. Commercial vehicles will be restricted to an essential minimum including not only commercial delivery and collection but personal shopping, but all such vehicles will be subject to the issue of permits. The whole scheme would result in an entire exclusion of through traffic from the centre of the city. An essential part of the plan is aimed at retaining the best of the centre of the City with the allocation for pedestrian use of eight central areas of distinction containing historic buildings or areas which could become precincts of a pleasant character.

In replanning of this sort, it would seem that the physically handicapped come off fairly well. No doubt, invalid cars should be included in the permit system and provided the plan does not include too many above street level shopping areas, a handicapped person may find the Leicester of the future an easier place in which to move than the Leicester of the present.

However, the Kings Lynn plan may present the handicapped person with difficulties. It shares the 'environment first' philosophy but it is wholly based on the need to preserve the historic core of this waterside town which is of great beauty and character. The solution which also faces scores of other old towns with similarly congested centres is that of almost totally excluding the motor vehicle. It seems that in the case of Kings Lynn the provision of an efficient route for traffic within the historic core of the town is virtually impossible and the solution proposed is to limit the approach of traffic and create a carefully controlled and largely traffic-free area in the centre. This means that only essential traffic will be using the distributor roads that enter the historic core at north and south. This control of the traffic space will mean that whilst the very beautiful centre of the town can be preserved for the full enjoyment of the pedestrian, it may present serious problems for the handicapped person in an invalid car.

I think that the lesson to be learnt from all these trends is that Local Societies concerned with the welfare of the handicapped should consider carefully all plans for the redesigning of city centres and should, where possible, work together, perhaps through the Local Council for Social Service, in an attempt to ensure that the needs of the handicapped are taken fully into account during the early planning stages. There seems little doubt that all our city centres will be redesigned during the course of the next 40 years and there are some forms of design which could result in an even greater confinement of the handicapped than they at present experience. The special hazards are largely pedestrian precincts designed in such a way that wheelchairs cannot move about easily, and above street level shopping areas which can only be reached by stairways, but there are other hazards which will only become apparent when the individual plans are studied.

HOLLAND HELPS BRITISH SPASTICS

Dutch Foundation's Gift of £1,000

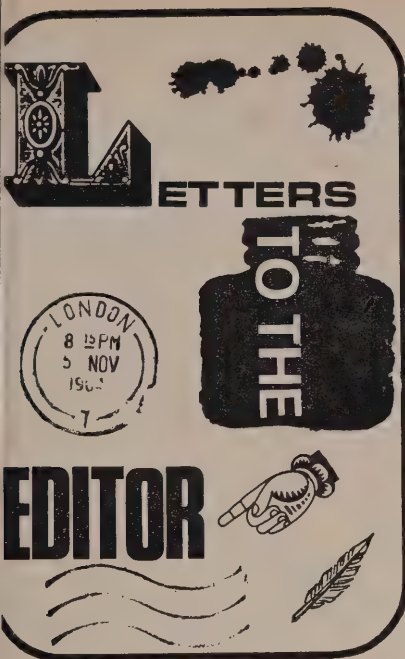
A DONATION of £1,000 has been made by the Bernard Van Leer Foundation of Amstelveen, nr. Amsterdam, to The Spastics Society to help to finance employment assessment courses for young handicapped people in this country. The money will be used to help young people suffering from cerebral palsy to become better adjusted to adult life, in addition to helping them to decide their future careers.

Assessment courses for young adult spastics were first started by The Spastics Society—the leading organisation in the world for the care of spastics—six years ago and have proved so successful that 36 have already been held in different parts of the country. Each course has a syllabus of talks, practical sessions, factory visits, film shows, discussions and many social events specially designed to help the young people to overcome their shyness and prepare them to live with their handicap in the outside world. Assessment of the student's prospects in different fields is gradually built up and a number are selected to go on to the Society's own training and work centres, while others are found posts in clerical and production work. The Society has already helped to place over 1,000 spastics in open employment in industry and clerical posts and a further 450 are undergoing training in workshops and centres throughout the country.

**But The
Big
Letters
Work
Fine . . .**

DEAR MISS BOOTH
WOLD YOU PLESE THANK ALL THE POEPL E CONSERVED FOR MY TYPEWR TER
I CAN UESE IT VERY ESSLY
Q WRITE ALL MY LETTERS ON IT
AND MEHTEACHER UESES IT WITH ME
AND WOLD YOU TELL THEM THAT THE SMALL LETTERS DO NOT WORK VERY WELL

I WOLD LIKE TO THANKYOU ONCE AGANE
WITH LOVE FROM DENISE



'SPASTICS' CONFERENCE (III)

Dear Editor,

I was interested to see the articles with reference to a Spastics' Conference, and I have written much light-hearted stuff about his subject myself, but if we are to be serious about it, we must ask ourselves whether the ultimate results of such a conference would warrant the huge problems of organising it. In the first place, one would need a large army of staff to feed, water and toilet a large number of spastics for three days, and secondly, somebody would have to decide quite firmly what the conference was to discuss before it met. Any idea of telling the Society how it should be run is ludicrous, because only a very small minority of very lightly-handicapped spastics have any experience at all of economics or administration. Thirdly, how would one pick one's delegates? The only fair way of doing this in a Centre would be by taking a vote at a Resident's meeting. In my long experience of Residents' meetings, at least 50 per cent will vote for a proposition, and the same people will also vote against it, and in any case sound common-sense does not breed popularity in a Centre.

Here at Prested I claim with some justification, I think, that we have been a trial ground in the helping of spastics to stand on their own feet, and after ten years I have come to the conclusion that in regard to taking any responsibility we are still rather like children. If we get a personal problem of any size we are bowled over like the proverbial shot cockerel, and we are in no state mentally to carry out the small tasks entrusted to us. It is claimed that we can plan our own entertainment, but do we every think of the poor, driver, who must hump us into the

vehicle and hump us out again? Without him there would be no entertainment, however well planned. Who are we to scream about 'independence', when we have everything served up to us on a silver salver, and to whom the sweeping of a dining-room floor can sometimes become a major issue?

By all means let us have a conference, but let us have it to discuss ways and means of growing up to the level of our brethren in Sweden and Denmark. Let us not waste our time belly-aching for self-government, but rather try to find the ability to govern.

Yours very sincerely,
ERNEST BARNES (The 'Daffodil'),
Prested Hall.

PEN FRIEND

Dear Editor,

I am myself a spastic. When I receive my copy of the SPASTIC NEWS I read everything from cover to cover. I wonder if you could put an advert for me in next month's issue for a boy penfriend to take the place of my former one who was killed in a road accident. He must be a man aged between 30 and 40.

I shall be 33 on 14th May this year, and my interests include, pop music, plays, reading, television and various church activities.

Please would you try to include this letter in the April issue of the magazine.

CHRISTINE L. BARNETT,
1 Burford Avenue,
Salisbury, Wilts.

PEN FRIEND

Dear Editor,

Do you think you could help me to find a pen-pal? I am a man of 35, and am single. I do not mind whether it is a man or a woman, but as I have not many friends to write to, I would very much like one.

My interests are television, reading and wrestling.

W. AKEHURST,
15 South Street,
Salisbury, Wilts.

TOP OF THE POPS!

Dear Editor,

I have just had a letter from Wilf Brown, the Hon. Secretary of the Southport Group—you remember, of course, that they run the Ellerslie Holiday Home. He tells me that just before Christmas the Christ Church Youth Club in Southport, borrowed a few collecting boxes from the Group and said their efforts this year would be to donate the result of their carol singing to Ellerslie. They have just received a cheque for £93!

T. H. KEIGHLEY,
N.W. Regional Officer.

WAKES HALL

Dear Editor,

For the past 13 months I have been a patient at a hospital which cared for people suffering from nervous diseases, mainly multiple sclerosis and muscular dystrophy. Although my stay there was only a temporary

arrangement, I gained some valuable information on many aspects of life.

As mine is a spastic condition, I often felt the odd man out.

On 21st July, I went before an assessment panel at the Spastic Society's headquarters. Now, about seven months later, I have come to live at Wakes Hall which is a beautiful house, warm and comfortable, in lovely Essex countryside. Indeed, the whole atmosphere is that of a home where one is really cared for with courtesy and understanding.

Through the death of my mother, my family life has been somewhat disorganized, but with the sense of security which everyone at Wakes Hall is giving me I know I shall be enabled to find a wider scope and perhaps a measure of achievement.

Theology, church history and philosophy are subjects in which I am most interested. I have wanted for a long time to study these, especially theology; I am certain that with the help so willingly given me here my ambition will be fulfilled.

W. B. NOTT.

A HAPPY GROUP

Dear Editor,

After being with the South East London Spastics Group for ten years, I was very sad to leave such a very happy, well organized Group.

I would like to thank everyone for all the help and understanding they have shown towards me.

On the last evening I attended the Club, I was absolutely thrilled to receive such wonderful gifts, which I shall treasure for ever.

May I just say, that I shall always have happy memories of all my friends and of all the occasions spent with the Fellowship and Group.

God bless you all.

JEANNIE HEMSTED.

PRESTON PRESENT

Dear Editor,

Our Group, anxious to raise funds, decided to hold a Holiday Draw, and various firms were approached to donate a holiday. Without any delay Pontins Holiday firm sent a voucher for a week's holiday for two at any of four of their camps. We thought this was a generous gift and worthy of telling.

F. COWARD (Mrs.),
Preston Group.

BACK NUMBERS

Dear Editor,

I have many issues of SPASTIC NEWS, dating back about four years. I feel I must part with them owing to lack of space, but should be very pleased to pay the postage if any Club, individual or group could make use of them.

MISS JOAN CAME,
14 Harefield Road,
Hornsey,
London, N.8.

THIS SOUNDS A GOOD ONE

Dear Editor,

The SPASTICS NEWS has recently been full of reports about the formation of new clubs in different parts of the country, so perhaps its readers may be interested to know a little of the one here in Bromley.

It has been in existence for almost a year, in which time it has achieved a fair standard, comparable to similar clubs, and has a membership of about 25. Although its activities are rather limited at present due to the fact that the meetings are held in the Work Centre, the committee, which consists entirely of spastics, has arranged a varied programme during the past year which has proved popular with everyone concerned. This has included a show by a visiting concert party, film and slide shows, talks by guests speakers and a theatre visit. We also try to make our own entertainment such as 'Any questions', records and various games including quite recently table-tennis—which is very popular. The Club's main object is to bring together all spastics in the area so that we can all meet in a happy social atmosphere. Members who are not actually training in the Centre are particularly welcomed, for they are essential for the Club's future; otherwise it would become a 'closed shop'. It is hoped to have a new room available to the Club in the near future when it will be able to expand its activities even more.

Although our Club is beginning to stand on its own two feet and is entirely self-supporting, all grateful thanks must go to the West Kent Spastics Society who have helped and encouraged us from the very start. We hope to go from strength to strength, and judging from our success over the past year we have a fair chance of achieving our aims.

DAVID G. EDWARDS,
(Club Secretary),
10 Heathfield Road,
Bromley, Kent.

STOP PRESS!

SPASTICS who are unable to walk and who, because of the weakness of their arms, are also unable to propel themselves in the ordinary wheelchair, can apply to the Ministry of Health for electrically-propelled indoor chairs, if this will help them to achieve some measure of independence in the home.

These electric chairs, for which the Ministry will provide battery chargers and accept all maintenance, are small enough to go through a normal sized doorway. If your doorway is too narrow however, or a ramp is needed or even a new electric point is required, your Local Authority is authorised to help if they can.

MORE NEWS FROM PONDS

During the past few weeks, we have had large parties of visitors, including W.S. groups, students from a cerebral palsy course, and from Wallingford Staff Training Centre.

Every week, the firebell is tested. This particular week, the connection between Ponds

and the local fire station was accidentally left on and so when the bell went off, three fire engines proceeded at great speed to Ponds. As one of the engines passed the village one of its ladders fell off.

On their return journey through the village, they stopped to pick up the ladder. As they were fixing the ladder on, a crowd of spectators watched. A boy asked the chief fireman where the fire was, and he replied, 'There was a false alarm at the 'PLASTICS FACTORY'!

LINTON EDWARDS.

WHY DOESN'T THE SOCIETY . . . ?

Dear Editor,

We have heard a lot about the Family Help Unit at Nottingham and how marvellous it is, and now there is a film about it as well.

I dare say it is a wonderful thing, but baby-sitters, employed in each region by the Society to help out parents on odd occasions, would be much better. Why doesn't the Society advertise for retired S.R.N.s or other responsible people, or let the Groups do it and then have their salaries paid by the Society? A little bit of help like this would be much more use to parents than an elaborate family help unit which only a few of them can get to.

PATRICIA RAVENSWOOD,
Cumberland.

* * *

Mr. Loring, Assistant Director in charge of Services writes:

This is very true. We have for some time been working on a scheme for a baby sitting service at Nottingham and have in fact taken professional advice. It is important that such a scheme should be efficient and entirely reliable and it may be some months before it can begin.

LOWESTOFT GROUP CARAVAN

Dear Editor,

The Lowestoft Group have purchased a caravan which will be situated on the North Denes at Lowestoft and will be available to spastics and their families from Easter, 1965, to 31st October, 1965, at four guineas per week—£1 deposit required for booking, preference being given to local spastics.

The caravan will sleep five—everything provided except linen. Available on the North Denes Caravan Park are shops, showers, car park with a theatre nearby. North Denes itself is virtually on the sea-front with a sloping ramp (no steps at all) down to the beach.

As you are probably aware, Lowestoft is an extremely attractive seaside resort during the summer months with the added interest of a fishing fleet.

H. G. KNIGHT,
E. Anglian Regional Officer.

Hartmann Elevating Chair in good condition, £80 o.n.o. Enquiries: Johnson, 'Le Tyrol', Kent St., Sedlescombe, Sussex.

Miss Janette Potter, aged 19 years, of 14 Common Road, Gissing, near Diss, Norfolk, would very much like to get in touch with another girl of her own age. Janette lives in a country district and works in a nearby town but does not have much opportunity for social life. Is there anyone, preferably within easy travelling distance, who would like to get in touch with her?

BILLIARDS AND SNOOKER●●●●●

APRIL

1st	British Legion, Wellington Rd., Crowthorne, Berks.	J. Gardner & J. Rea.
2nd	Ex-Service Men's Club, William St., Herne Bay, Kent	J. Gardner & J. Rea.
5th	Bromford Club, Harrison Rd., Birmingham	J. Rea.
6th	Whitmore Reans Cons. Club, Clifford St., Wolverhampton	J. Rea.
7th	Hassall St. Liberal Club, Mottram Rd., Stalybridge, Ches.	J. Rea.
8th	Workmen's Club, The Strand, Kirkholt, Rochdale	J. Rea.
8th	Liberal Club, Queen Victoria St., Macclesfield, Ches.	R. Williams.
9th	Hanging Heaton Cricket Club, Bennett Lane, Batley, Yorks.	J. Rea.
12th	Waterhead Cons. Club, Sharples Hall St., Oldham, Lancs.	J. Rea.
13th	Rusholme Cons. Club, Victoria Park, Manchester	J. Rea.
14th	Hollins Grove Cons., Blackburn Rd., Darwen, Lancs.	J. Rea.
15th	Platt Bridge Labour Club, Platt Bridge, nr. Wigan	J. Rea.
15th	Longton Workmen's Club, Rosslyn Rd., Longton, Stoke-on-Trent	R. Williams.
20th	British Legion Club, Lewin St., Middlewich, Ches.	J. Gardner & J. Rea.
21st	Winnington Park Rec. Club, Northwich, Ches.	J. Gardner & J. Rea.
22nd	Coppull Workmen's Club, Park Rd., Coppull, Chorley, Lancs.	J. Gardner & J. Rea.
23rd	Coppull Cons. Club, Spendmore Lane, Coppull, Chorley	J. Gardner & J. Rea.
26th	Barry Plastics Club, Market St., Barry, Glam., S. Wales	J. Gardner & J. Rea.
27th	Cons. Club, Graig House, Briton Ferry, Neath, Glam.	J. Gardner & J. Rea.
28th	Constitutional Club, High St., Ogmore Vale, Bridgend, Glam.	J. Gardner & J. Rea.
29th	Electricity Welfare Club, Sandy Rd., Llanelly, Carms.	J. Rea.
30th	Jubilee Club, John St., Carmarthen, S. Wales	J. Rea.

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THE CRAIG-Y-PARC SCHOOL

Pentyrch, Nr. Cardiff.
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Headmistress: Mrs. C. M. Kearslake.

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Telephone: Tonbridge 4584.
Headmaster: G. D. C. Tudor, Esq., M.A.

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Headmistress: Miss E. M. Varty.

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Headmaster: John Nelson, Esq.

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Warden: Mrs. J. P. R. Molyneux.

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Worcester, Colwall Court, Bexhill.
Telephone: Bexhill 1491.

FAMILY HELP UNIT

Worcester, THE MOUNT
Elm Bank, Nottingham.
Telephone: Nottingham 66271-2.
Warden: Mr. P. E. Habieb.

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Barrow-in-Furness and District Spastic and Handicapped Children's Society C
Cumberland, Westmorland and Furness Spastics Society H
Darlington and District Spastics Society H
South Shields and District Spastics Society C
Sunderland and District Spastics Society CW

Regional Officer:

Miss C. Mould, 145 Front St., Chester-le-Street, Co. Durham, Tel.: 2852

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Barnsley and District Association EC
Bradford and District Branch
Castleford and District Spastics Committee
Dewsbury and District Spastics Society
Goole and District Spastics Association
Halifax and District Spastic Group W
Huddersfield and District Spastics Society O
Hull Group, The Friends of Spastics Society in Hull and District H
Leeds and District Spastics Society O
Pontefract and District Spastics Association
Rawmarsh and Parkgate Spastics Society
Sheffield and District Spastics Society TEOC
Tees-side Parents and Friends of Spastics TE
York and District Spastics Group TC

Regional Officer:

R. J. F. Whyte, Royal Chambers, Station Parade, Harrogate. Tel.: 69655

Regional Social Worker:

Miss B. P. Stephenson, same address

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Bolton and District Group TE
Burnley Area and Rossendale Spastics Group T
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Chester and District Spastics Association
Colwyn Bay and District Spastics Society
Crewe and District Spastics Society TEO
Crosby and District Spastics Society C
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Lancaster, Morecambe and District Spastics Soc.
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Montgomeryshire Spastics Society
Oldham and District Spastics Society OCT
Preston and District Spastics Group OCT
Sale, Altrincham and District Spastics Society RTEC
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Stockport, East Cheshire and High Peak Spastics Society TEOC
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Widnes Spastic Fellowship Group
Wigan and District Spastics Society

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T. H. Keighley, Room 481, 4th Floor, St. James' Buildings, Oxford Street, Manchester 1. Tel.: Central 2088

Deputy Regional Officer:

F. Young, 6 King's Buildings, Chester. Tel.: 27127

Regional Social Worker:

Mrs. M. Moncaster, same address as Mr. Keighley

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Derby and District Spastics Society T
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Grimsby, Cleethorpes and District Friends of Spastics Society
Leicester and Leicestershire Spastics Society TC
Lincoln and District Spastics Society
Loughborough and District Spastics Society
Mansfield and District Friends of Spastics Group O
Newark Area Spastics Society
Northampton and County Spastics Society TE
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Scunthorpe and District Spastic Society
Stamford and District Spastics Society

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P. L. Lindsell, 32 Park Row, Nottingham. Tel.: 42198

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Coventry and District Spastics Society RO
Dudley and District Spastic Group TOC
Midland Spastic Association
North Staffordshire Spastic Association T
Shrewsbury and District Spastics Group
Stafford and District Spastic Association TC

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Kenfig Hill and District Spastics Society CTO
Merthyr Tydfil and District Spastics Society
Monmouthshire Spastics Society
Pontypridd and District Group TC
Swansea and District Spastics Assoc. TECW

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Regional Social Worker:

Miss Davey, same address

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Bristol Spastics Association CTOW
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Weston and District Society for the Spastic and Mentally Handicapped R
Yeovil and District Spastics Welfare Society

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Mrs. A. Mansel-Dyer, St. John House, 60 Staplegrove Rd., Taunton, Somerset. Tel.: 81678

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Colchester and District Group
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Ipswich and East Suffolk Spastics Society TW
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Norfolk and Norwich Spastic Association
Peterborough and District Spastics Group O
Southend-on-Sea and District Spastics Society OO

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Miss H. M. Day, 51 Newnham Rd., Cambridge. Tel.: 54531

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Regional Officer:

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Bishop's Stortford and District Group, Herts Spastics Society E
Central Middlesex Spastics Welfare Society W
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Epping Forest and District Branch TO
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Regional Social Worker (except Essex):

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ighton, Hove and District Branch
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Regional Social Worker:

Mrs. Chinchin, same address

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orth London Area Association of Parents and
 riends of Spastics
 orth-West London Spastics Society
 outh-East London Group
 outh London Group
 outh-West London and District Group

Regional Officer:

Mrs. Patricia Latham, 28 Fitzroy Square, Lon-
 on, W.C.1. Tel.: EUSton 2436/7

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E—Education

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W—Work Centre

H—Holiday Home

C—Child Care

R—Residential Centre



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